A POCKET BABY BOOK

MAKE WEANING EASY FOR BABY AND YOURSELF WITH BOVRIL BRAND TRITURATED BEEF AND VEGETABLE WEANING FOOD

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To Mothers

THIS Pocket Baby Book is rather like Bovril Brand Weaning Food; it's got practically everything you need packed into a small space. Bovril's wonderful new Weaning Food is in cube form and can be prepared in a single minute. The information in this book is very compact, too, and arranged so that you can consult it quickly.

Many mothers get rather indignant with Baby Books; they think they're too full of rules and regulations and that you can't lay down one law for babies who differ just as much as grown-ups do.

The experts who prepared this invaluable little book realise that all babies are different. They have chosen the simplest rules for baby care and feel sure you'll adapt them to your own circumstances and to your own baby.

Breast Feeding is Best Feeding

Do breast feed Baby if you can.

Remember

1. Breast milk contains everything that Baby needs.
2. If you breast-feed, your organs and figure return to normal much more quickly.
3. Breast-fed babies generally escape infections, or throw them off more easily than when bottle fed.
4. The temperature of breast milk is exactly right for Baby.
5. Breast-feeding is easier than artificial feeding. It costs you nothing; there are no bottles, teats and milk to buy, and there is no worry about sterilising bottles and mixing mixtures.

How often to feed Baby?

Every three or four hours. The best times are:

Four-hourly Feeds

6 a.m. 10 a.m. 2 p.m. 6 p.m. and 10 p.m.

Three-hourly Feeds

6 a.m. 9 a.m. 12 noon 3 p.m. 6 p.m. and 10 p.m.

Keep to the feeding hours if you can, but don't wake Baby if he's asleep. Only very occasionally is a 2 a.m. feed necessary—it should be discontinued as soon as possible.

Important Points in Breast Feeding

1. Hold out Baby to pass water before each feed.
2. Bathe and dry nipples before and after each feed.
3. Hold nipple between two fingers so that Baby does not bolt his feed; hold back breast, so that he can breathe freely.
4. Give both breasts at each feed and see that they are completely emptied of milk.
5. Don't let Baby feed longer than 15-20 minutes.
6. Break Baby's wind by holding him up over the shoulder and rubbing his back gently. Do this half way through the feed and after he has finished.
7. Give him a little warm boiled water, without sugar, between feeds.

If baby's on a bottle

Here are some SIMPLE RULES for bottle-feeding.

1. IF BABY IS FED ON FRESH MILK

CARE OF MILK

If milk is delivered in glass bottle—

(a) Don't pour it out until it is to be used.
(b) Keeping on sealed cap, wash outside of bottle.
(c) Keep bottle in a refrigerator or standing in basin of clean cold water.

PREPARING THE FEED

(a) Bring milk quickly to boil and cool quickly.
(b) Measure out *exact* amount that doctor has advised.

2. IF BABY IS FED ON DRIED MILK

make it up exactly as doctor suggests.

DO'S AND DON'TS FOR BOTTLE-FEEDING

Do hold out Baby to pass water *before* every feed.
Do hold Baby comfortably on your knee.
Don't prop up the bottle on his pillow and leave him to strain for the milk.
Don't let him suck at an empty bottle.
Do give Baby an adequate intake of vitamins and mineral salts by adding Virol and orange juice to his diet.

For baby's sake—make a clean job of it!

1. TEAT AND VALVE

1. Take both off bottle after feed and wash under cold tap.
2. Rub inside and outside with salt to get rid of milk slime.
3. Rinse and dry.
4. Leave in a covered cup.
5. Rinse before each feed.
6. Scald in boiling water once a day.

2. THE BOTTLE

1. After feed, rinse under cold tap.
2. Using bottle brush, wash in warm, soapy water.
3. Rinse.
4. Leave it completely covered with cold water.
5. Once a day, put in cold water, bring it to the boil and keep at boiling point for 3 minutes.

WEANING WITHOUT TEARS

Q. *What does the word 'Weaning' imply ?*

A. It means to get a baby used to new types of food, not, as many people think, to take him away from the breast.

Q. *When should weaning begin ?*

A. When Baby weighs 15 lb. (about five-six months).

Q. *Why must Baby be weaned ?*

A. 1. Because he needs iron, which is lacking in milk.
2. Because he needs mineral salts and vitamins.
3. Because he needs to make the change-over from milk to solid food gradually over many months.

Q. *Is the change-over to solid food difficult ?*

A. Not if you use Bovril Brand Triturated Beef and Vegetable Weaning Food. When prepared, it is a soft purée with a bland, mild flavour that Baby loves.

Q. *Is Bovril Weaning Food approved by doctors and clinics ?*

A. Of course it is. Several leading baby specialists were consulted while the formula was being developed. When completed, the Weaning Food was given an extensive trial by a group of hospitals in the Home Counties, and was found entirely satisfactory. It has since been enthusiastically received by clinics and mothers.

Q. *Is Bovril Weaning Food something quite new ?*

A. Indeed it is—not only is it new, it is absolutely revolutionary. It is sold in small, solid cubes; they are hygienic, inexpensive and can be made into a purée in less than 60 seconds.

Q. *What is this Weaning Food made from ?*

A. Bovril Brand Weaning Food is composed of powdered lean beef, beef extract, dried distillers' yeast (high vitamin B_1 content), mashed potato powder, powdered fresh vegetables, bone calcium phosphate and iron ammonium citrate.

Q. *Does Bovril Weaning Food give Baby all the extras he needs?*

A. It gives him iron, calcium and phosphorus. At about 5 months of age, Baby has practically used up the iron reserves with which he was born. Bovril Brand Weaning Food supplies iron to enrich Baby's blood (and, incidentally, this iron element makes his motions look a little darker than usual). The calcium and phosphorus in the Weaning Food help to build strong bones and healthy teeth. See, too, that Baby gets his vitamins and mineral salts by giving him Virol and orange juice every day.

'It's just the taste he likes!'

Q. *How do I prepare the Weaning Food ?*

A. Easily and quickly, like this :

1. Crush cube in a cup (a narrow teacup, not a breakfast cup).
2. Add a little boiling water.
3. Allow to cool to blood heat.

Q. *Does going on to this new food upset Baby's tummy ?*

A. No. The purée is soft and very easily digestible.

Q. *Does Bovril Weaning Food give Baby enough variety of flavour ?*

A. Yes, there are four varieties—beef and tomato, beef and carrot, beef and spring cabbage, beef and mixed vegetables.

Q. *Should I keep him on the one he likes best ?*

A. To begin with yes. But keep on trying him with others too. It will help him with his later feeding habits and he won't get bored with one flavour.

Q. *I have heard that Babies sometimes get food infection at weaning time.*

A. Not if you use Bovril Brand Weaning Food.

1. It is prepared in the most hygienic way possible.
2. Harmful organisms cannot develop in a dry powder.
3. You prepare the exact amount Baby needs for each meal, so there are no ' left-overs ' that might harbour germs.

Q. *How much does Bovril Weaning Food cost ?*

A. It costs 6d. for a 4-cube packet. A feed for a six-month-old baby costs ½d. For a 7-8 month old baby the cost is 1½d. and for a one-year-old it comes to 3d.

Q. *How about feeding Baby on holiday ?*

A. Bovril Weaning Food is ideal when travelling or on holiday as the cubes keep so well in their foil and waxed paper wrappings.

***DON'T FORGET*— Baby must keep on with his supplementary foods— ORANGE JUICE AND VIROL**

CHILDISH AILMENTS

BED-WETTING

With good, calm training most children can keep dry by day and night, before they are two. An occasional accident may happen, but little or nothing should be said about it.

Frequent bed-wetting after the age of two may be due to :

1. Something physically wrong; a doctor should therefore examine the child.
2. Secret unhappiness or insecurity on the part of the child. In this case, everything possible should be done to make the child realise he is loved; praise and little rewards for dry nights may work well.

COLDS AND COUGHS

If the child has a severe cold keep him in bed, and away from other children. Rub back and front of chest with a mixture of equal parts of olive oil and camphorated oil. Give him plenty to drink, fruit juice and a laxative.

CONVULSIONS

Send for doctor at once. While waiting, keep the room quiet, give child a hot mustard bath and then roll him in a warm blanket.

CONSTIPATION

If Baby is constipated, see that he has plenty of plain boiled water to drink and give fresh fruit juice between feeds. Older children should take raw fruit, green vegetables, treacle, porridge and wholemeal bread at meals. Don't on any account give Baby castor oil.

It is much wiser to cure constipation by proper feeding, but if you must give a laxative, ask for your doctor's advice.

DIARRHOEA

In babies this is a very serious condition; consult a doctor at once. If the child is older, and the symptoms mild, give a dose of magnesia or castor oil and keep him off food for 24 hours, giving boiled water only.

EARACHE

Always consult a doctor if Baby has earache.

EYE TROUBLES

If your child gets inflamed eyes, you should consult your doctor, as definite treatment is probably required.

STYES

Bathe with a saline solution. Styes are usually caused by lack of a factor or factors in the food, so pay special attention to diet and give the daily dose of vitamins.

SQUINTING

Treatment can be started at 1½ years, so consult a doctor.

FLATULENCE AND COLIC

Give child a few teaspoonfuls of boiled water or gripe water and then lift to try and break the wind. (If pain persists apply a hot flannel to abdomen and call a doctor.)

SORE BUTTOCKS

Irritation or redness of the buttocks is usually caused by irritating motions or urine. If Baby's motions are green, slimy or offensive, consult a doctor. If the motions appear to be normal, give Baby plain boiled water (without sugar) between feeds and also give ¼-teaspoonful of baking soda in water four times a day.

Keep Baby as dry as you can and change the napkin the moment it gets soiled or wet. Whenever you change Baby, sponge the parts, dry gently, and apply some olive oil or an ointment made up of equal quantities of zinc ointment and castor oil.

If Baby's urine smells of ammonia you should do one of two things :

1. Dissolve a dessertspoonful of boracic crystals in a breakfast-cup of boiling water, wash and dry napkins in usual way and then rinse each one in above lotion.
2. Dust napkin generously with pure boracic powder before putting it on.

TEETHING

Baby's digestive system may be upset during teething. Give extra water and fruit juice and magnesia rather than teething powders.

WORMS

If child is out of sorts for no apparent reason, examine his motions for worms. If they are present, consult the doctor, who will prescribe the correct treatment.

SIMPLE FIRST AID

BRUISES

Baby may often fall and bruise himself, when trying to walk. If the bruise looks very swollen, put on a warm fomentation. If the skin is broken, apply a sterilized dressing.

CUTS

Run cold tap water over a small cut, then bathe with hot water and put on a dressing.

FOREIGN BODIES

If Baby swallows something he shouldn't.

If Baby swallows a button, pin or something similar, call a doctor at once.

If he is delayed, give Baby something stodgy to eat—porridge, for instance, or bread and milk.

Something in the Eye.

You can usually remove grit or dust with the dampened corner of a handkerchief. If you cannot remove the object, take the child to the doctor. Before taking him put a drop of almond or olive oil in the bad eye and cover it with a pad. Don't let him rub it.

Something in the Ear.

Never try to poke anything out of Baby's ear with any kind of instrument. Lay the child down with the affected ear uppermost and pour in a few drops of warm almond or olive oil. Then turn his head round and let the oil trickle out. If this method is unsuccessful, take the child to the doctor.

Something in the Nose.

A sneeze will usually dislodge anything stuck in a child's nose. So make him sneeze by tickling his nose with a feather. Send for a doctor if this fails.

POISONING

Be careful to keep anything poisonous out of Baby's reach; this includes medicines, cleaning materials, etc.

If Baby should swallow something poisonous, *send for the doctor at once.* In the meantime, follow these rules :

1. **If lips and clothes are burnt, the poison is a corrosive one. In this case, do NOT give an emetic (i.e. something to make the child sick).**
2. **If the child is unconscious, do NOT give an emetic. Try to arouse him and to keep him awake.**
3. **If the poison is not corrosive, give an emetic at once. The best one is ipecacuanha wine. If not available, give salt and water. Keep the baby warm in bed and do everything possible to keep him awake until the doctor comes.**

Name of Disease	Symptoms	Nursing	Quarantine Period
Chicken Pox	Slight Fever. Spots in groups on body.	Keep in bed while spots are coming out and as long as child feels unwell.	14 days.
Measles	Feverish cold, dry cough, slightly inflamed eyes. Rash.	Keep in bed. No bright light, no reading. Keep in bed for week after rash fades.	21 days.
Mumps	Stiffness, slight pain over jaw in front of ear. Possibly some fever. Other side of face and sometimes glands under jaw swell.	If pain is bad apply hot fomentations.	7 days after swelling has gone down.
Whooping Cough	Any bad cough, in spasms, that is worse at night, may be Whooping Cough. Number of quick, short coughs, followed by deep breath, is definitely this disease.	If child is feverish and unwell, keep in bed. Keep windows wide open. Light fire if cold.	6 weeks from commencement of cough.
Scarlet Fever	Fever, hot, dry skin, sore throat, possibly headache, and vomiting. Rash on body and limbs. Neck glands often enlarged.	Is best nursed in Fever Hospital. If nursed at home, call in doctor and follow his instructions.	14 days.
	NOTE. *Have your child immunised against Diphtheria.*		
Diphtheria	Feeling of illness, usually fever. May be no sore throat at first. Later enlarged glands in neck, bad breath.	Doctor should be called at first sign that child is unwell. Best nursed in hospital. If nursed at home follow doctor's instructions.	14-21 days.

BOYS

Average Weight — Height — Age

Height (inches)	Month 1	Months 3	Months 6	Months 9	Months 12	Months 18	Years 2	Years 2½	Years 3	Years 4	Years 5
20	8										
21	9	10									
22	10	11									
23	11	12	13								
24	12	13	14								
25	13	14	15	16							
26		15	17	17	18						
27		16	18	18	19						
28			19	19	20	20					
29			20	21	21	21					
30			22	22	22	22	22				
31				23	23	23	23	24			
32				24	24	24	25	25			
33					26	26	26	26	26		
34						27	27	27	27		
35						29	29	29	29	29	
36							30	31	31	31	
37							32	32	32	32	32
38								33	33	33	34
39								35	35	35	35
40									36	36	36
41										38	38
42										39	39
43										41	41
44											43

(Weight figures shown above are in pounds)

Don't be alarmed if your baby differs a pound or so from the weights given in these charts. However, if the rate of gain is too low, or ceases, consult your doctor at once.

GIRLS

Average Weight — Height — Age

Height (inches)	Month 1	Months 3	Months 6	Months 9	Months 12	Months 18	Years 2	Years 2½	Years 3	Years 4	Years 5
20	8										
21	9	10									
22	10	11									
23	11	12	13								
24	12	13	14	14							
25	13	14	15	15							
26		15	16	17	17						
27		16	17	18	18						
28			19	19	19	19					
29			19	20	20	20					
30			21	21	21	21	21				
31				22	22	23	23	23			
32					23	24	24	24	25		
33						25	25	25	26		
34						26	26	26	27		
35						29	29	29	29	29	
36							30	30	30	30	31
37							31	31	31	31	32
38								33	33	33	33
39								34	34	34	34
40									35	36	36
41										37	37
42										39	39
43										40	41
44											42

(Weight figures shown above are in pounds)

Don't be alarmed if your baby differs a pound or so from the weights given in these charts. However, if the rate of gain is too low or ceases, consult your doctor at once.

GIRLS' NAMES — *and their meaning*

A

Abigail	My father's Joy.
Ada	Joy.
Adelaide, Adeline	Noble and kind.
Agatha	Good, kind.
Agnes	Pure.
Alice	Same as Adeline.
Amanda	Worthy of love.
Amelia	Energetic.
Angela	Angelic.
Ann, Anna, Anne	Derived from Hannah.
Antoinette	Feminine form of Anthony.
Audrey	Pet form of Ethelreda.

B

Barbara	Foreign or strange.
Beatrice	Bringer of joy.
Belinda	A snake.
Blanche	White
Bridget	Shining bright.

C

Caroline	Feminine form of Charles
Cassandra	She who inflames with love.
Cecilia, Cecily, Cicely	Feminine forms of Cecil.
Charlotte	Feminine form of Charles
Christine	Christian.
Clara, Clare	Clear or bright.
Constance	Firm, constant.
Cynthia	Belonging to mount Cynthus.

D

Daisy	A Victorian flower name.
Daphne	Laurel leaves.
Davina	Feminine form of David.
Deborah	A bee.
Denise	Feminine form of Dennis.
Diana	Moon goddess.
Dinah	Judged.
Dolores	Mary of the Sorrow.
Doreen	Morosely silent.
Doris	Derivation and meaning unknown.
Dorothea, Dorothy	Gift of God.

E

Edith	Rich gift.
Edna	Pleasure
Eileen	Irish form of Helen.
Elaine	French form of Helen.
Eleanor, Elinor	Forms of Helen.
Elizabeth	Consecrated to God.
Ellen	Old English form of Helen.
Emily	Industrious.
Esme	Meaning unknown.
Estelle	Meaning unknown.
Ethel	Feminine form of Ethelbert.
Eunice	Happy victory.
Eva, Eve	Life.

F

Faith	Self-explanatory.
Felicity	Joyful.
Flora	Flowers.
Florence	Blooming or flourishing.
Frances	Feminine form of Francis.

G

Gabrielle	Feminine form of Gabriel.
Geraldine	Feminine form of Gerald.
Gertrude	Strong with the spear.

Gladys Meaning unknown.
Grace Self-explanatory.
Gwen
Gwyneth Blessed.

H

Hannah Grace.
Harriett Feminine form of Henry.
Hazel Plant name.
Heather Flower name.
Helen The shining one.
Henrietta French feminine form of Henry.
Hester Variant of Esther.
Hilda Battle maid.

I

Ida Like a goddess.
Irene Peace.
Iris Flower name.
Isabel Same as Elizabeth.

J

Jacqueline French feminine of Jacques.
Jane A feminine form of John.
Jean Same as Joan.
Jemima A dove.
Jennifer White vision.
Jessica The Lord watches.
Jessie Scottish form of Jane.
Jill A feminine form of Julius.
Joan Feminine form of John.
Josephine French feminine form of Joseph.
Joyce Sportive.
Judith Praised.
Judy Feminine form of Judah.
Julia A feminine form of Julius.
Juliana A feminine form of Julius.
Juliet Diminutive of Julia.
June Taken from name of month.

K

Katherine, Catherine Pure.

L

Laura A laurel wreath
Lavinia Meaning unknown.
Leah Weary.
Leonora Greek form of Eleanor.
Lesley Feminine form of Leslie.
Lorna Modern name, meaning unknown.
Louisa, Louise French feminine form of Louis.
Lucy Born at daybreak.
Lydia Meaning unknown.

M

Mabel Lovable.
Madeline Belonging to the town of Magdala.
Madge Diminutive of Margaret.
Maisie Diminutive of Margaret.
Margaret A pearl.
Marie French form of Mary.
Marion Derived from Mary.
Martha The ruler of the house.
Mary Star of the sea.
Matilda, Maud Heroine of the battle.
Maureen Celtic form of Mary.
Mavis Modern name, meaning unknown.
May Taken from name of month.
Melanie Of darkest hue.
Mildred Mild of speech.
Miranda Admirable.
Miriam Rebellion.
Monica Modern name, meaning unknown.
Muriel Celtic form of Miriam.

N

Naomi To comfort in sorrow.
Nellie Pet form of Helen.
Norah Derived from Eleanor.

	O
Olive, Olivia	An olive tree.
Ophelia	A helper.
	P
Pamela	Comparatively modern name, meaning unknown.
Patricia	Feminine form of Patrick
Penelope	A weaver.
Phoebe	Pure and radiant.
Phyllis	A green bough.
Polly	Diminutive of Mary.
Priscilla	From the past.
Prudence	Self-explanatory.
	R
Rachel	A ewe lamb.
Rebecca	Of enchanting beauty.
Rhoda	A rose.
Rosalind	Flower name.
Rose	Flower name.
Rosemary	Mist of the sea.
Ruth	Of great beauty.
	S
Sadie	Diminutive of Sarah.
Sally	Diminutive of Sarah.
Sarah	A princess.
Sheila	Irish form of Cecilia.
Shirley	Modern name, meaning unknown.
Sibyl	A prophetess.
Sophia, Sophie	Full of wisdom.
Stella	A star.
Stephanie	Feminine form of Stephen.
Susan, Susannah	A lily.
Sylvia	From the woods.
	T
Teresa, Theresa	A reaper of corn.
	U
Ursula	She-bear.
	V
Valerie	Meaning unknown.
Vanessa	Modern name, meaning unknown.
Vera, Veronica	Model of truth.
Victoria	Victory.
Violet	Flower name.
Virginia	Pure.
Vivienne	Feminine form of Vivian.
	W
Winifred	Lover of peace.
	Y
Yolande	A violet.
Yvonne	A yew tree.
	Z
Zillah	Unobtrusive.
Zoe	Life.

BOYS' NAMES — *and their meaning*

	A
Aaron	Giver of light.
Abel	Vanity.
Abner	Father of light.
Abraham	Father of a host.
Absalom	Father of peace.
Adam	Red earth.
Adolphus	A wolf.
Adrian	From the Adriatic.
Alan	Harmony.
Albert	Glorious.
Alexander	A helper of men.
Alfred	Wise counsel.
Algernon	Whiskered.

Ambrose	Divine.
Amos	Strong and courageous.
Andrew	Strong and manly.
Angus	Of excellent virtue.
Anthony	Praise.
Archibald	Holy Prince.
Arthur	Of noble race.
Aubrey	King of spirits.
Augustus	Imperial.

B

Bartholomew	A warlike one.
Basil	Kingly or royal.
Benjamin	Son of the right hand.
Bernard	Strong or hardy.
Brian	Strong.
Bruce	From surname Robert Bruce, King of Scotland.

C

Cecil	Dim-sighted.
Charles	Noble-spirited.
Christopher	Bearing Christ.
Clarence	Illustrious.
Claude	Lame.
Clive	Surname of Robert Clive of India.
Colin	Derived from Nicholas.
Conrad	Able counsel.
Cuthbert	Noted splendour.
Cyril	Lordly.
Cyrus	The sun.

D

Daniel	A divine judge.
David	Beloved.
Denis, Dennis	Belonging to the god of wine.
Derrick, Derek	Gift of God.
Donald	Proud chief.
Douglas	Dark river.
Duncan	Brown chief.

E

Ebenezer	Stone of help.
Edgar	Giver of joy.
Edward	Guardian of joy.
Elija	The Lord is my God.
Enoch	Consecrated.
Ernest	Vigorous.
Ethelbert	Of noble birth.

F

Francis	Free.
Frank	Diminutive of Francis.
Frederic(k)	Abounding peace.

G

Gabriel	Man of God.
Geoffrey	At peace with God.
George	Husbandman.
Gerald	Strong in battle.
Gideon	A mighty warrior.
Gilbert	Shining.
Godfrey	Same as Geoffrey.
Gregory	Watchful or vigilant.

H

Harold	Leader of an army.
Henry	Chief of a house.
Herbert	Glory of the army.
Horace	Of uncertain fate.
Howard	Adaptation of surname.
Hubert	Bright in heart.
Hugh	The soul.
Humphrey	Guardian of the home.

I

Ian	Same as John.
Ira	Watchful.
Isaac	Laughter.
Israel	Soldier of God.

J

Jabez	One who causes pain.
Jack	Same as John.
Jacob	A supplanter.
James	Same as Jacob.
Jeremiah, Jeremy	The exalted of the Lord.
Jesse	Riches.
Joel	The Lord is God.
John	God is gracious.
Jonathan	The Lord gave.
Joseph	He shall increase.
Joshua	The Lord of salvation.
Josiah	Supported by the Lord.
Judah	Confession.
Julius	Soft haired.

K

Kenneth A leader or commander.

L

Laurence, Lawrence Crowned with laurels.
Leo A lion.
Leonard Brave as a lion.
Leslie Modern name, meaning unknown.
Lewis, Louis A brave warrior.
Lionel Young lion.
Llewellyn Lightning.
Luke Light.

M

Martin Soldier of Mars.
Matthew, Mathias Gift of Jehovah.
Maurice Dark skinned.
Micah, Michael Who is like the Lord.
Montague Derived from the family name.
Moses Drawn out of the water.

N

Nathan Nathaniel Gift of the Lord.
Nicholas Victory of the people.
Nigel, Neil Swarthy chieftain.
Noah Rest.
Norman A native of Normandy.

O

Obadiah Servant of the Lord.
Oliver Masculine form of Olive.
Oswald Power of the Lord.

P

Patrick A nobleman.
Paul The little one.
Percival Meaning unknown.
Peter A rock.
Philip A lover of horses.

R

Ralph A wolf.
Raphael The healing of God.
Raymond Wise counsel.
Reginald A mighty ruler.
Reuben Behold, a son.
Richard A powerful ruler.
Robert Bright in renown.
Rodney Derived from the surname.
Roland, Rowland Famed on the land.
Ronald Derived from Reginald.
Roy A king.
Rupert Modern name, meaning unknown.

S

Samson Supreme happiness.
Samuel Heard by God.
Seth The chosen one.
Sidney Derived from the famous family name.
Simeon, Simon Heard with gratification.
Solomon Peaceful.
Stanley Derived from the surname.
Stephen A garland.

T

Terence Meaning unknown.
Theodore Gift from God.
Thomas A twin.
Timothy Honouring God.
Tobias Noted by the Lord.

V

Valentine Strong and healthy.
Victor Self-explanatory.
Vincent A conqueror.
Vivian Lively.

W

Wallace Derived from the Scottish surname.
Walter Master of the woods.
Wilfred Strong peace.
William Helmet of resolution.

Z

Zachary Remembered by the Lord.

BEEF & SPRING CABBAGE

BEEF & MIXED VEGETABLE

BEEF & CARROT

BEEF & TOMATO

FOR BUSY MOTHERS

Bovril's ' Made-in-a-Minute ' Weaning Food.
Medically approved—
Scientifically tested.

4 VARIETIES

BEEF & MIXED VEGETABLES
BEEF & TOMATO
BEEF & SPRING CABBAGE
BEEF & CARROT

(Each flavour is in different coloured foil wrapper)

6D 4-CUBE PACKET

BOVRIL BRAND
Triturated Beef and Vegetable
WEANING FOOD

W.7.